

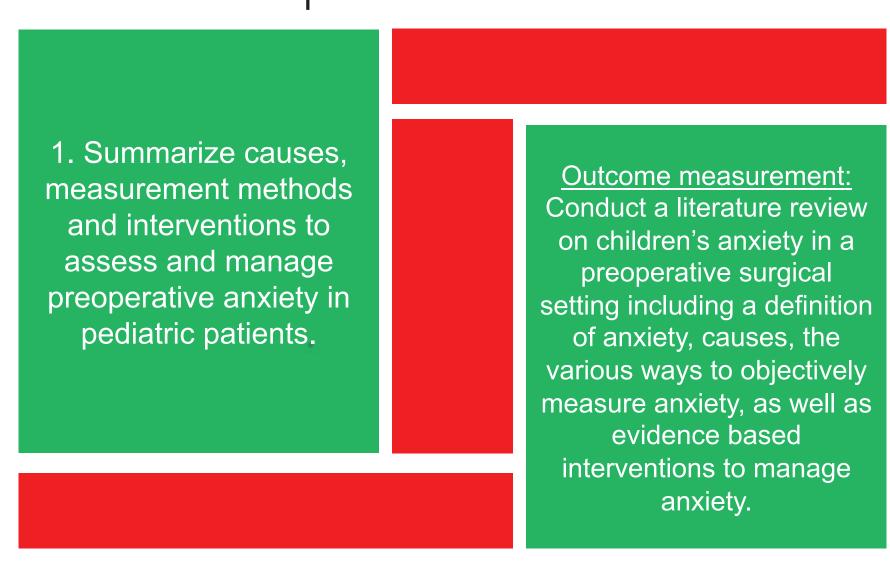
# Assessing and Managing Preoperative Anxiety in Pediatric Patients Undergoing Outpatient Surgical Procedures- A Program Evaluation

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#### PURPOSE OF EBP PROJECT

The purpose of this evidence-based practice project was to identify the best evidence for assessing and managing preoperative anxiety in pediatric patients undergoing surgical procedures and to examine CHOA's current care standards for practice incongruities.

## Specific Aim # 1



#### **SEARCH STRATEGY**

The literature was searched via PubMed and utilized key search terms such as pediatric preoperative anxiety and pediatric preoperative anxiety assessment yielding 277 articles. Inclusion/exclusion Criteria were established: Midazolam or parental presence at anesthesia induction (PPIA) and anxiety measurement calculation. American Society Anesthesiologists (ASA) physical status classification of 1 or 2 yielded 20 high quality articles for review.

# Summary of Literature Review

Studies are supportive of the use of midazolam in reducing preoperative anxiety.

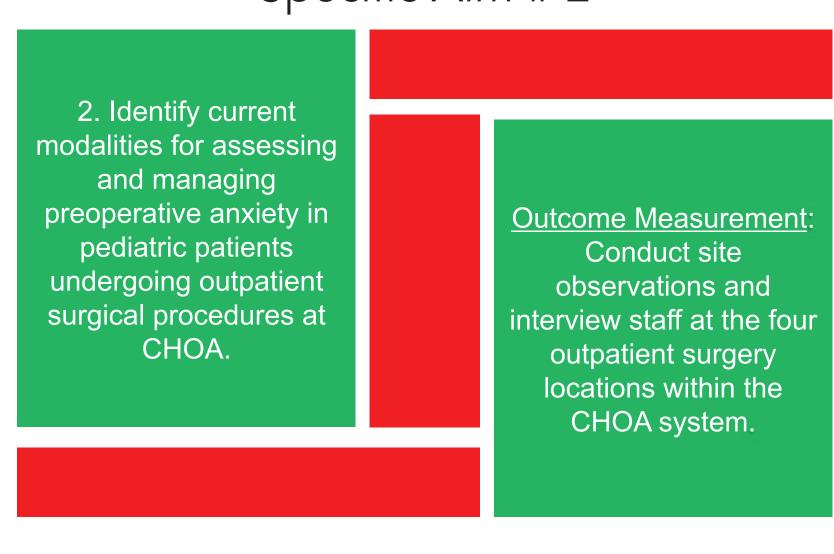
Few studies supportive or neutral on PPIA alone.

Few studies supportive or neutral on midazolam and PPIA together.

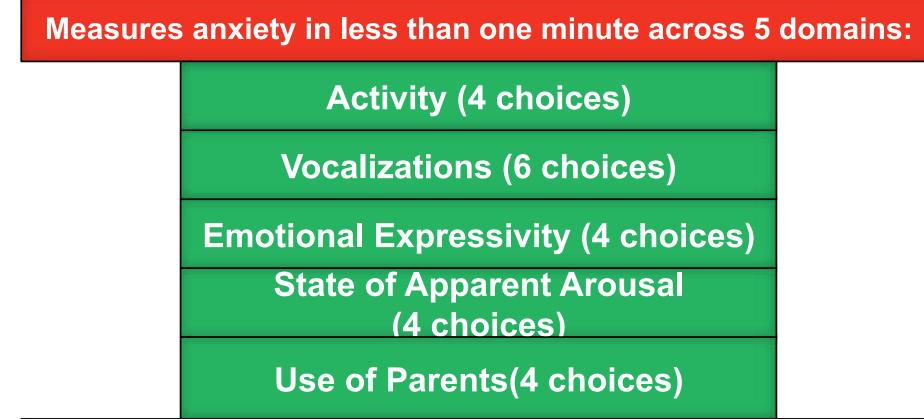
The most effective way to manage preoperative anxiety is with midazolam and PPIA as an adjunct.

The mYPAS a statistically valid anxiety measurement tool, most widely used in pediatrics.

## Specific Aim # 2



## Modified Yale Preoperative Anxiety Scale

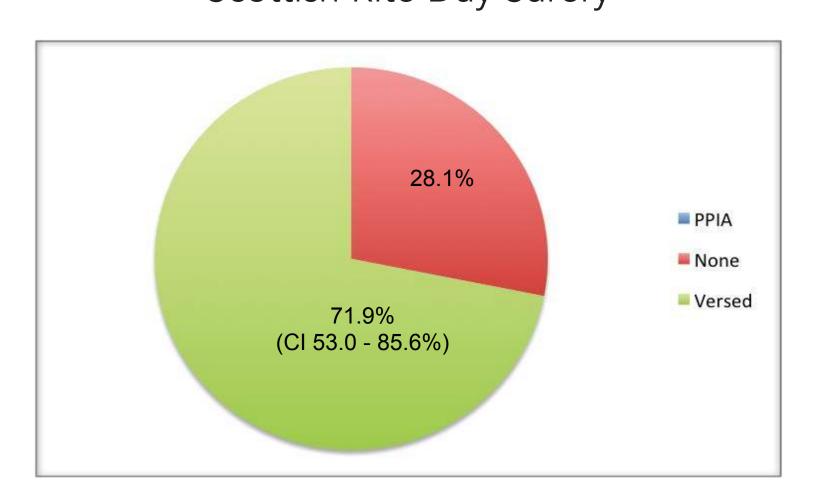


Choose statement best describing child's behavior to score the area. Domains equally weighted x 20

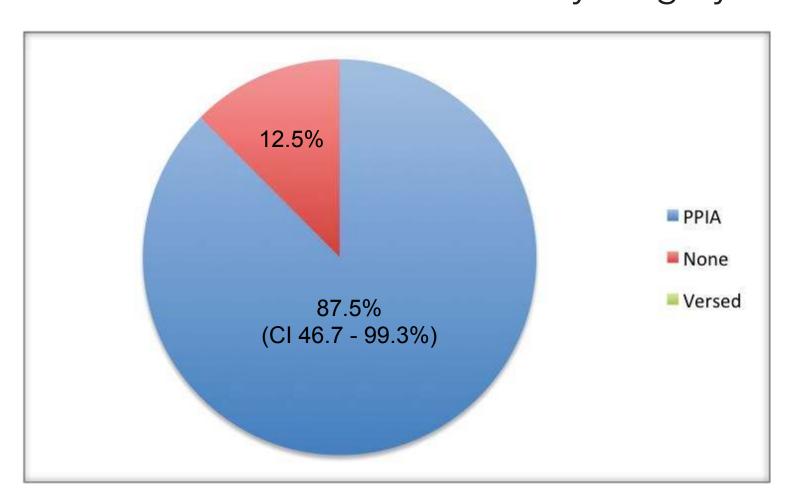
Thresholds: > 40 anxious < 30 calm



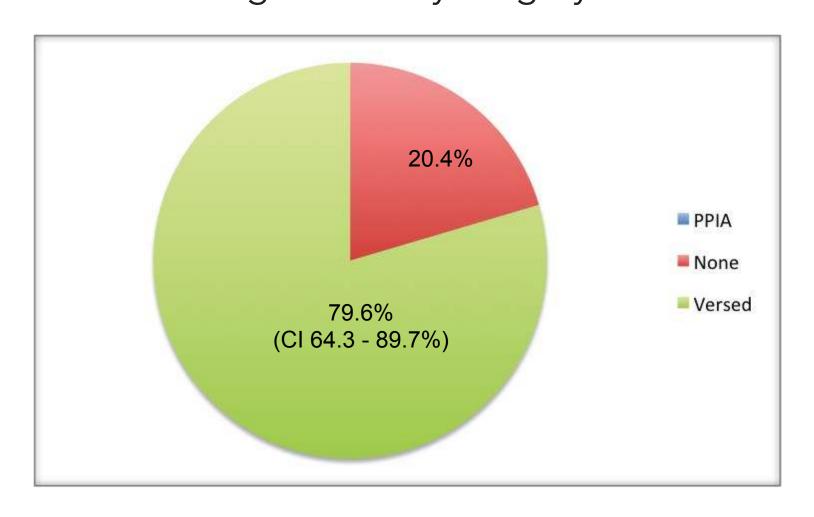
# Results: Anxiety Management Scottish Rite Day Surery



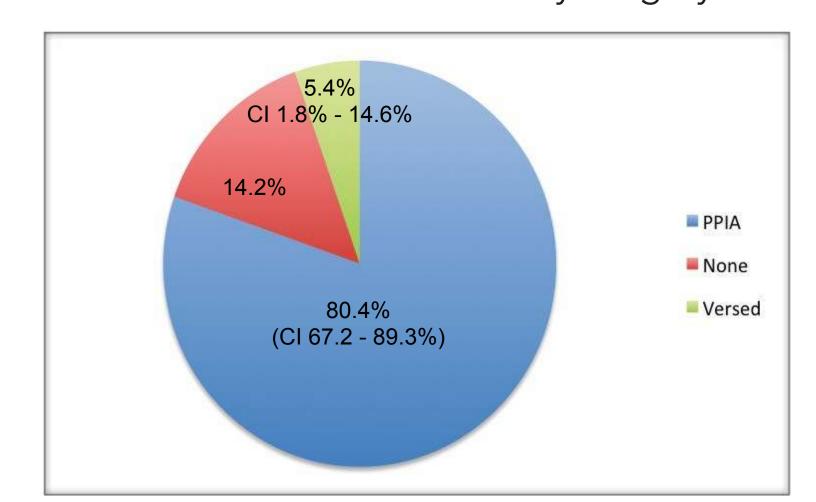
Results: Anxiety Management Satellite Boulevard Ambulatory Surgery



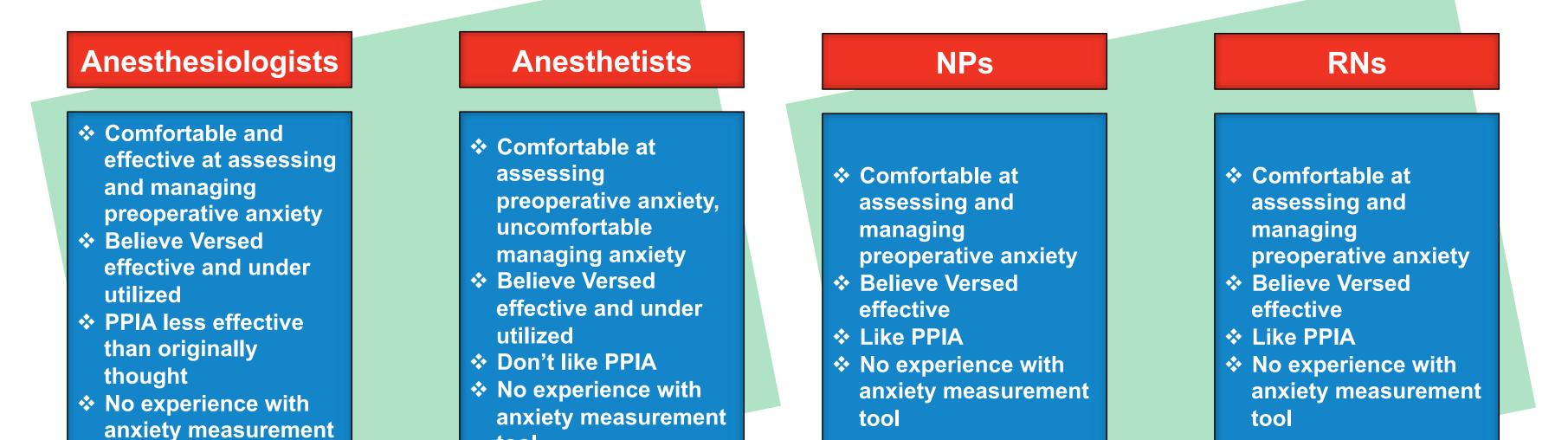
Results: Anxiety Management Egleston Day Surgery



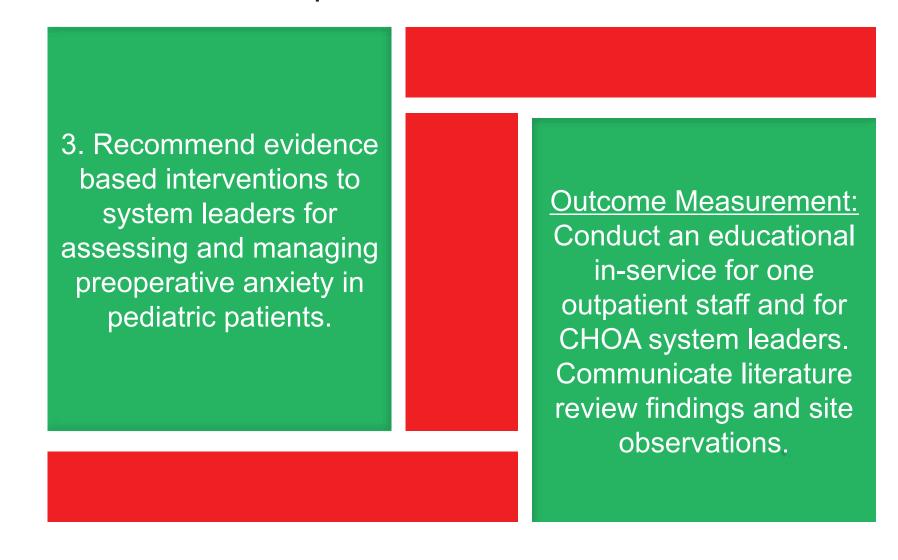
Results: Anxiety Management Meridian Mark Ambulatory Surgery



#### Identification of Themes



# Specific Aim # 3



### Implications for Practice



#### **ACKNOWLEDGEMENTS**

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### **CONTACT INFORMATION**

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